

Tropical Granola Bars

Ingredients:

150g Jumbo Oats

100g Caster Sugar

75g Tropical Dried Fruit

50g Butter

40g Pumpkin Seeds

40g Desiccated Coconut

2 x Tablespoons (30ml) Honey

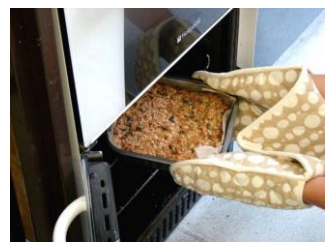
1 x Teaspoon (5ml) Spoon of Cinnamon



Please bring a circular or square baking tin approximately 18 to 20cm. You also require a container to take your tropical granola bars home in.

Method:

1. Pre-heat the oven to 180°C or Gas Mark 4.
2. Grease and line a baking tin with greaseproof paper.
3. Weigh and measure out all ingredients accurately.
4. Place the butter, caster sugar and honey into a saucepan and place at the front of the hob.
5. Gently heat until the butter has melted, stir at all times with a white plastic stirring spoon.
6. Remove the saucepan from the heat and place on a pan-stand.
7. Stir in all the other ingredients (jumbo oats, tropical dried fruit, pumpkin seeds, desiccated coconut, and cinnamon).
8. Pour the mixture into a lined baking tin.
9. Pat down the mixture in the baking tin.
10. Bake for 20 minutes, until lightly browned.
11. Remove from the oven and cut into 'bars' in the baking tin while hot.
12. Allow to cool before removing the tropical granola bars from the tin.



Adaptations:

- Try adding a different type of breakfast cereal instead of oats.
- Add 1 Teaspoon (5ml) ground ginger or mixed spice to the oat mixture instead of cinnamon.
- You could add a few chopped nuts.